

## **WORKING WELLNESS**

At home and at work, good health starts with you.

FEBRUARY 2010

ÍS...

AMD/Low Vision Awareness Month

National Children's Dental Health Month

National Wise Health Consumer Month

And has...

World Salt Awareness Week

Congenital Heart Defect Awareness Week

Burn Awareness Week

National Wear Red Day

National Donor Day

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at <a href="https://www.health.nimer.gov/nho">www.health.nimer.gov/nho</a>.

American Heart Month
The following is posted on the American Heart

The following is posted on the American Heart Association's webpage at <a href="http://www.americanheart.org/presenter.jhtml?identifier=4441">http://www.americanheart.org/presenter.jhtml?identifier=4441</a>:

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month." (Note this is not "Heart Month" or "National Heart Month.") The American Heart Association works with the administration to draft and sign this annual proclamation.

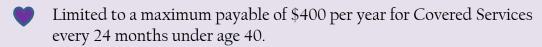
During American Heart Month, thousands of our volunteers visit their neighbors. Their goal is to raise funds for research and education and pass along information about heart disease and stroke.

For more information, contact the American Heart Association at 1-800-242-8721 or visit their website at <a href="https://www.americanheart.org">www.americanheart.org</a>.

If you are thinking of a routine check up with your in-network physician, take advantage of the Well Adult Care benefit! See below for information.

### Well Adult Care

#### Routine Well Care\* (age 18 and over)



Limited to a maximum payable of \$400 per year for Covered Services every 12 months age 40 and over.

For an explanation of the Covered Services under the Well Adult Care, please contact Wells Fargo at 1-800-624-8605, or Louise Basham at (305) 292-4579, or Alana Thurston at (305) 292-4446.

To view our Employee Benefit Health Plan document you can go to (type the following into your internet browser's address bar):

http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL\_GroupInsurance/PDFs/Employee%20Health%20Plan%20Document%20eff.%20010107.PDF

\* Must have a routine diagnosis to be covered under Well Care. Maximum payable of \$400 is not subject to the Deductible or the regular co-payment percentage of the Plan.

## Don't forget about this...

## Get a Free blood glucose test\*

to help determine your risk for diabetes.

FEB. 5 - 18, 2010

At Walgreens or **③** take care clinic<sup>™</sup> in select locations.

After Feb. 2, call 1-800-WALGREENS, visit Walgreens.com/diabetes or speak to a member of our staff for information or event locations.

















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## Do YOU know YOUR networks?

Did you know that *not* using a network provider for a service covered under our medical plan will result in a 30% penalty on your claim? Finding a provider in one of our networks for medical services could provide you with a 5%-25% discount on your charges as opposed to the 30% penalty for using a provider not in one of the networks.

The following is the contact information for our provider networks for medical coverage:

Keys Physician Hospital Alliance (KPHA): the network for providers located in Monroe County. Their phone number is (800) 400-0984 or (305) 294-4599. Their directory can be located on the Group Insurance webpage at <a href="http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL GroupInsurance/index">http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL GroupInsurance/index</a>.

<u>Dimension Health</u>: the network for providers located in Dade, Broward, Palm Beach, and Monroe County. Their phone number is (800) 483-4992. You can locate a provider by searching Dimension's directory by going to <a href="https://www.dimensionhealth.com">www.dimensionhealth.com</a> on the Internet.

<u>Multiplan</u>: the nationwide network for providers. There are network doctors and hospitals all over the nation! Their phone number is (800) 557-6794. You can locate a provider by searching Multiplan's directory by going to <u>www.multiplan.com</u> on the Internet.







# Happy President's

Day!



## **COMP CORNER**

The Comp Corner will return next month.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at <a href="https://www.fldfs.com/wc">www.fldfs.com/wc</a> where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.